



# THE CITY OF GARFIELD HEIGHTS SENIOR CENTER NEWSLETTER

EDITION #35

JANUARY 2026

## CONTACT

5407 Turney Road  
Garfield Heights, OH 44125  
216-475-3244  
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[garfieldhts.org/216/Senior-Center](http://garfieldhts.org/216/Senior-Center)

## CENTER HOURS

**Monday - Thursday:** 9:00am - 2:00pm

## WHAT'S INSIDE

- 2 - 3** Announcements
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## TELEPHONE GUIDE

### Civic Center

216-475-1100

### Senior Center

216-475-3244

### Complaint Line

216-475-1199

### Fire Department

Station 1 - 216-475-4053

Station 2 - 216-475-5997

### Marymount Hospital

216-581-0500

### GH Post Office

216-581-9308

### GH Historical Society

216-475-3050



## MONTHLY EVENTS

### SENIOR CENTER SITE COUNCIL MEETING

**Tuesday, January 13<sup>th</sup> @ 10am**

The Site Council are a group of seniors who attend the Garfield Heights Senior Center. They are elected by seniors to chair on behalf of all who attend the center. They are a Nonprofit Organization which carries a 501(C)3. This allows the Site Council to fund raise for a variety of events, trips, parties, etc. for all who are registered and attend the Garfield Heights Senior Center. The Site Council hosts a meeting on the second Tuesday of every month. Come and hear what is planned for our seniors for the coming months.

### COFFEE WITH THE MAYOR

**Wednesday, January 14th @ 10:00am**

Come to the Senior Center and enjoy a fresh cup of coffee with Mayor Burke and hear about the newest improvements and events that are happening in the City of Garfield Heights.

### POST OFFICE ON WHEELS

**Wednesday, January 28<sup>th</sup> @ 9:00am**

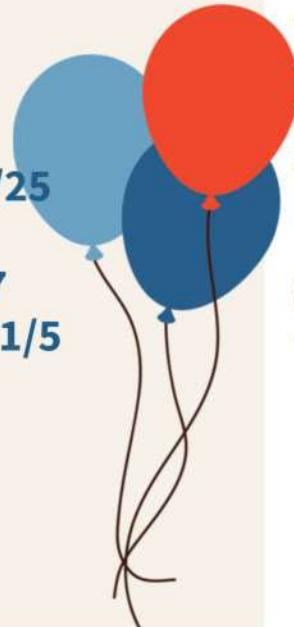
Post Office on Wheels generally comes to the Senior Center on the last Tuesday of every month. The seniors who attend the center are able to purchase postage and/or send letters to family members at this time.

## 2 ANNOUNCEMENTS

### JANUARY BIRTHDAYS!

WE WOULD LIKE TO WISH A VERY HAPPY BIRTHDAY TO THESE SPECIAL SENIORS:

**Rose Brjakovich 1/6**  
**Marlene Hollinger 1/25**  
**Elaine Kuchia 1/21**  
**Ann McCullough 1/27**  
**Marlene Washington 1/5**



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## CRAFTRoom NEWS

### CRAFT ROOM HOURS M-TH, 9AM TO 2PM

I hope everyone had a nice holiday!

Our Christmas Raffle was a great event. Even though we had only 3 days instead of 4 to sell tickets. The Center was closed due to a snow day. I cannot thank the volunteers enough for helping when needed.

Several new people who came in to buy tickets had never seen anything like this before, and they even won something.

Congratulations to Shirley Rozmarynowski who won the 50/50 Raffle.

January will be a slow month for the Craft Room, but that is alright- we need the rest!

Please keep in mind that when we have fundraisers like the Christmas Raffle, that all proceeds raised go to the Senior Center Site Council for various activities, trips, and events.

Thank you, Barb ♥

# NEVER MISS OUR NEWSLETTER!

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emailed to you.



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## 4 UPCOMING EVENTS

### POKENO

#### MONDAY, JANUARY 5TH, @ 12:30PM

Come play a game of Bingo that incorporates a little poker and keno while you play. Instructions will be given to those who will participate.

### JUST BODIES W/ JOANN

#### WEDNESDAY, JANUARY 7TH, @ 10AM

The seniors are starting the New Year with a bang! Come in and enjoy Joann from Just Bodies as she instructs her very enthusiastic chair aerobics. Be sure to bring your water bottle to stay hydrated.

### LIBRARY INNOVATION CENTER ORIENTATION

#### THURSDAY, JANUARY 8TH, @ 1PM

Those seniors who have not gone through the libraries innovation orientation and would like to learn how to make/print their own t-shirt are encouraged to sign up.

### OLD SCHOOL AND GOSPEL KARAOKE

The Center is hosting 2 karaoke events this month. Tune up your vocals and come sing along with the seniors. Please check calendar for dates and times for these events.

### SENIOR CENTER REGISTRATION and TRANSPORTATION INFORMATION

Are you an older adult and looking for something to do? (Must provide own transportation outside of Garfield Heights).

Adults 55+ years older are welcome to attend our center.

The Garfield Heights Senior Center provides lunches to those who are 60+ years and attend our center , for a suggested \$1.50 donation The Center is open M-TH, from 9am to 2pm.

Transportaion is available to those seniors who live in Garfield Heights. Come register and enjoy meeting new people , exercise, Trips, parties, crafts, informational presentations, and much, much, more. Call the Senior Center at 216-475-3244 where we can set up a time for you to visit and take a tour.

### TRANSPORTATION COSTS

Senior Center - \$0.25 (round trip)

Local Medical Trips - \$3.00 (round trip)

Local Errands - \$4.00 (round trip)

### LUNCH AT GOLDEN CORRAL

#### THURSDAY, JANUARY 22ND

The seniors will be taking a lunch trip to Golden Corral on Thursday, January 22<sup>nd</sup>. Transportation is limited for this lunch trip. **Must be a register senior and signed up for this lunch trip.**

Transportation cost \$3.

### PAINT AND SIP W/ LAKETIA

#### TUESDAY, JANUARY 27TH @12:30PM

Laketia will be hosting a Paint and Sip, bring your artistic skills and enjoy some festive beverages.

### LIBRARY T-SHIRT PRINTING

#### WEDNESDAY, JANUARY 28TH

12 of the Center's seniors are taking a trip over to the Garfield Hts. Library to be instructed on how to print on a T-shirt. **Must be a registered senior and have taken the Library Innovation Center Orientation to participate.**

### BOOTS ON THE GROUND

#### THURSDAY, JANUARY 29<sup>TH</sup> @ 1PM

Boots on the ground is back! Come and dance it off, while Darlene plays the music. Wear your best western attire. **Must be a registered senior and signed up for this event. No walk-ins will be accepted.**



A MESSAGE FROM THE SENIOR CENTER  
MANAGER, JENNIFER SOPKOVICH

Hello Everyone,

As we start the new year let us come together to ensure our senior residents are thriving and being cared for. Please look out for one another and check in on those who live alone and have not been in the best health. It takes a village and we need to be kind and caring to one another. Those who are reading this, I challenge you to start a chain of kindness. Help those who struggle with everyday challenges, pay it forward and you will be the light in someone's darkness.

Thanks, Jenn 



SCHEDEDULED EVENTS

PLEASE KEEP IN MIND ALL ACTIVITIES AND EVENTS ARE SUBJECT TO CHANGE DUE TO AVAILABILITY AND CIRCUMSTANCES OUT OF OUR CONTROL.

**CONGRATULATIONS!!  
SENIOR CENTER  
WII FALL  
LEAGUE TEAMS**

**1st Place**

**Team #3**

Wanda Hiley  
Diane Coon

**2nd Place**

**Team # 9**

Betty Svoboda  
Ronnie Smith

**SLOPPY JOE BISCUIT CUPS**

Prep time 30 min. Serves 5

**Ingredients:**

1 lb. Ground Meat  
1/4 C. Each Finely Chopped Celery, Onion and Green Pepper  
1/2 C. Barbecue Sauce  
1 Tube (12oz.) Refrigerated Flaky Biscuits (10 count)  
1/2 C. Shredded Cheddar Cheese

**Instructions:**

1. Heat oven to 400 degrees. In large skillet cook beef and vegetables over medium heat for 5-7 min. Break up beef into crumbles (Drain).
2. Stir in barbecue sauce, bring to a boil. Reduce heat and simmer.
3. Separate Dough into 10 biscuits, flatten into 5 inch circles. Press into bottom and sides of greased muffin cups, and fill with beef mixture.
4. Bake for 9-11 min. until the biscuits are golden brown.
5. Sprinkle with cheese and bake 12 additional min. or until cheese is melted.  
Cool and Enjoy!

A friendly reminder to all our registered seniors. Please bring in your favorite recipes to be highlighted in our newsletter for all of 2026.

## 6 DID YOU KNOW?



**WII BOWLING**  
**2026 WINTER LEAGUE**  
**WILL START MONDAY,**  
**JANUARY 5<sup>TH</sup>**

Weekly Bowling sessions  
You can bowl your games  
Every Monday and Wednesday  
Between the hours of 9am and 1am

**\$3.00 PER SESSION TO BOWL.**  
**ALL PROCEEDS GO TOWARDS BOWLING**  
**BANQUET AT THE END OF THE SEASON.**

### Cuyahoga County Public Library **DIGITAL NAVIGATORS**

Ask CCPL Digital Navigators any questions you may have about navigating your tablet or cell phone. They are here to assist those who need some extra technical support with these devices. Call the library at 216-749-9420 to make an appointment with one of their Digital Navigators at a CCPL branch.

**MONDAY MORNING MEET-UP  
AT THE LIBRARY**  
**MONDAY, JANUARY 5TH**  
**@ 10:00AM**

**LIBRARY BOOK  
DISCUSSION AT THE  
SENIOR CENTER  
HAS BEEN CANCELLED.**  
**THE STAFF CAN  
REVISIT THIS ACTIVITY  
ONCE THERE IS SENIOR  
PARTICIPATION.**

### **KAHOOT**

Bring your cellphone to the Senior Center and challenge your mind! Connect and compete with others who share the same interests. There are many categories to choose from. For those who participate in Mind Challenge, this is a good way to prep for this event.



## WORD SEARCH

## Winter Wonderland

W	I	C	G	N	I	T	A	K	S	T	R	Z	D
N	D	N	A	L	R	E	D	N	O	W	D	C	L
W	O	N	R	A	R	O	R	K	A	W	O	Z	L
S	B	T	S	S	N	O	W	F	L	A	K	E	L
K	D	R	N	I	I	C	I	C	I	L	N	N	
I	L	N	O	L	L	O	W	Y	T	S	O	R	F
I	N	T	W	L	F	L	C	S	L	S	P	N	S
N	S	R	B	A	R	L	A	N	L	L	G	I	N
G	L	E	A	F	O	T	L	N	I	P	P	Y	S
N	K	T	L	W	Z	S	L	E	D	D	I	N	G
A	S	N	L	O	E	L	G	I	S	T	E	N	
D	D	I	W	N	N	Z	N	A	D	L	O	C	T
S	O	W	E	S	D	R	A	Z	Z	I	L	B	O
W	H	O	T	C	H	O	C	O	L	A	T	E	I

NIPPY  
SNOWBALL  
HOT CHOCOLATE  
SNOWFLAKE  
FROSTY  
ICICLE  
SKATING  
WONDERLAND  
SLEDDING  
FROZEN  
BLIZZARD  
SKIING  
SNOWFALL  
GLISTEN  
WINTER



## RIDDLE ME THIS...

Why is the letter F like death?



Learn to Play Chess  
Every Monday @ 10am

Gerry is a registered senior who loves to play chess! He is at the Center to teach the fundamentals of chess on Monday's @ 10am. If chess isn't your thing, he is willing to challenge you to a game of checkers



Cardio Drumming  
View Calendar for Dates

Join the group of seniors who love exercising, while drumming to their favorite tunes.

# 8 LUNCH MENU

## Thursday, January 1

**Closed in  
Observance of  
the New Year**

## Monday, January 5

Beef Meatloaf w/Glaze  
Mashed Potatoes w/ Gravy  
Beets  
W.G. Roll  
Orange

**ALT = CS TR**

## Tuesday, January 6

Breaded Fish  
Potato Wedges  
Green Beans  
W.G. Hamburger Bun  
Applesauce

**ALT = CBG RB**

## Wednesday, January 7

Beef Stroganoff  
Noodles w/Gravy  
Antigua Blend + Cauliflower  
W.G. Wheat  
Apricots

**ALT = CF T**

## Thursday, January 8

Chicken Marsala  
Brown Rice w/Gravy  
Mushrooms + Broccoli  
W.G. Wheat  
Mandarin Oranges

**ALT = CBG RB**

## Monday, January 12

Salisbury Steak w/Gravy  
Mashed Potatoes  
Mushrooms  
2 W.G. Wheat  
Sliced Apricots

**ALT = CS TR**

## Tuesday, January 13

Chicken Cordon Bleu  
Mashed Potatoes  
Diced Carrots  
2 W.G. White  
Sliced Peaches

**ALT = CBG RB**

## Wednesday, January 14

Vegetable Lasagna  
California Blend  
W. G. Dinner Roll  
Mixed Fruit  
Grape Juice

**ALT = CF RB**

## Thursday, January 15

Swedish Meatballs  
Noodles w/ Sauce  
Peas + Carrots  
W.G. White  
Banana

**ALT = CBG T**

## Monday, January 19

**Closed in  
Observance of  
Martin Luther  
King Day**

## Tuesday, January 20

Stuffed Cabbage w/ Sauce  
Mashed Potatoes  
Buttered Beets  
2 W.G. Wheat  
Sliced Peaches

**ALT = CS RB**

## Wednesday, January 21

Stuffed Shells w/Sauce  
Spinach + California Blend  
W.G. Garlic Toast  
Grapes

**ALT = CF T**

## Thursday, January 22

Roasted Turkey Breast  
Stuffing w/ Gravy  
Mashed Potatoes  
Mixed Vegetables  
W.G. White  
Cranberry Juice

**ALT = CBG RB**

## Monday, January 26

Rosemary Pork  
Cheesy Potatoes  
Mixed Vegetables  
W.G. Roll  
Cinnamon Applesauce

**ALT = CBG RB**

## Tuesday, January 27

Hamburger  
Seasoned Potato Wedges  
Baked Beans  
W.G. Bun  
Sliced Pears

**ALT = CBG T**

## Wednesday, January 28

Chicken Stuffed with Broccoli  
Mashed Potatoes  
Green Beans  
W.G. Wheat  
W.G. Vanilla Wafers  
Orange

**ALT = CF RB**

## Thursday, January 29

Beef Stew  
Lima Beans  
Buttered Sliced Carrots  
W.G. Biscuit  
Banana

**ALT = CBG TR**

## REMINDER!

Meal reservations will be made on Mondays and Tuesdays for the following week. Reservations can be made in-person or over the phone at (216) 475-3244. Lunch will be served Monday - Thursday at 11:30am, but we ask that you arrive at 11:00am to check in. Thank you!

## Box Lunch option shown to the side of each date.

"T" = Tuna, "TR" = Turkey, "RB" = Roast Beef, V = Cheese  
Alternatives are available everyday.

ALT CS = Chicken Salad w/Croissant,

ALT CBG = Spring Lettuce Salad w/Chicken Breast

ALT CF = Chef Salad w/ Ham, Egg + Cheese

# JANUARY CALENDAR 9

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> <b>CLOSED IN OBSERVANCE OF THE NEW YEAR</b>	<b>2</b>
<b>5</b> <b>RESERVE LUNCH</b> Wii Bowling 10:00am Library Meet-up 10:00am Cardio Drumming and Chess w/Gerry 11:30am Lunch 12:30pm Pokeno	<b>6</b> <b>RESERVE LUNCH</b> 10:00am Kahoot 11:30am Lunch 12:30pm Card Games	<b>7</b> Wii Bowling <b>10:00am Just Bodies Chair Aerobics w/ Joann</b> 11:30am Lunch	<b>8</b> 11:30am Lunch <b>1:00pm Library Innovation Center Orientation</b>	<b>9</b> Walmart 8:30am-11:30am
<b>12</b> <b>RESERVE LUNCH</b> Wii Bowling 10:00am Cardio Drumming and Chess w/ Gerry 11:30am Lunch 1:00pm Bingo w/ Forest Hill Place	<b>13</b> <b>RESERVE LUNCH</b> <b>10:00am Site Council Meeting Election Day</b> 11:30am Lunch 1pm Kahoot	<b>14</b> <b>10:00am Coffee with the Mayor</b> Wii Bowling 11:30am Lunch <b>12:30pm Old School Karaoke</b>	<b>15</b> 11:30am Lunch 1pm Chair Volleyball  <b>FOODBANK DISTRIBUTION 5-6PM</b>	<b>16</b>
<b>19</b>  <b>CLOSED IN OBSERVANCE OF MARTIN LUTHER KING JR DAY</b>	<b>20</b> <b>RESERVE LUNCH</b> 10am Card Games 11:30am Lunch 12:30pm Craft w/Anessia 1pm Kahoot	<b>21</b> Wii Bowling <b>10:00am Gospel Karaoke</b> 11:30am Lunch  <b>FOODBANK DISTRIBUTION 1-2PM</b>	<b>22</b> 11:30am Lunch Lunch Trip to Golden Corral	<b>23</b> Meijer/ 5 Below 8:30am-11:30am
<b>26</b> <b>RESERVE LUNCH</b> Wii Bowling 10:00am Cardio Drumming and Chess w/Gerry 11:30am Lunch	<b>27</b> <b>RESERVE LUNCH</b> 10:00am Kahoot 11:30am Lunch <b>12:30pm Paint N Sip</b>	<b>28</b> Wii Bowling <b>9:00am Post Office on Wheels</b> <b>10:00am Library T-shirt Printing</b> 11:30am Lunch	<b>29</b> 11:30am Lunch <b>1:00pm Boot on the Ground w/ Darlene</b>  <b>BIRTHDAY THURSDAY</b>	<b>30</b>

## 10 PUZZLE ANSWERS

### RIDDLE ME THIS ANSWER

Because without  
it life is a lie,  
or it makes life a lie.

### WORD SEARCH ANSWER

W	I	C	G	N	I	T	A	K	S	T	R	Z	D
N	D	N	A	L	R	E	D	N	O	W	D	C	L
W	O	N	R	A	R	O	R	K	A	W	O	Z	L
S	B	T	S	S	N	O	W	F	L	A	K	E	L
K	D	R	N	I	I	C	I	C	L	E	L	N	N
I	L	N	O	L	L	O	W	Y	T	S	O	R	F
I	N	T	W	L	F	L	C	S	L	S	P	N	S
I	N	S	R	B	A	R	L	A	N	L	L	G	I
G	L	E	A	F	O	T	L	N	I	P	P	Y	S
N	K	T	L	W	Z	S	L	E	D	D	I	N	G
A	S	N	L	O	E	L	G	L	I	S	T	E	N
D	D	I	W	N	N	Z	N	A	D	L	O	C	T
S	O	W	E	S	D	R	A	Z	Z	I	L	B	O
W	H	O	T	C	H	O	C	O	L	A	T	E	I

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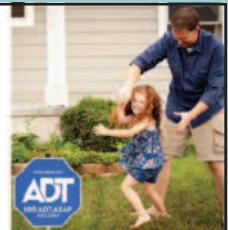
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# The Garfield Heights Senior Center Site Council

Would like to thank all of those who have donated.  
Your generosity and kindness are truly appreciated!!!!

**Thank you to Mark and Marlene Hollinger**

**Rev. Timothy Storm  
for their contribution to the Center.**



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Garfield Heights**

**Craft Room  
Christmas Raffle  
Thank you to all who  
participated!!!!**

Thank you to all who  
volunteered..... to set  
up tables, make  
baskets, sold tickets,  
donated items, or came  
in and bought tickets.



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Anessia Dailey

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Marlene Kalish

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Janet Kidd

### **DRIVERS**

Loretta Arnold  
Vincent Walls  
Greg Skuta  
Izola Newton



### **SENIOR SPOTLIGHT**

**MARLENE WASHINGTON**

Marlene was born in Cleveland,  
on Cedar Avenue, and married for  
47 years. Marlene has 3 children,  
one son and two daughters. She  
has been blessed with a  
granddaughter.

Marlene was a teacher for  
Cleveland Public Schools for 7  
years. She retired from General  
Motors, where she made  
upholstered seat covers. Marlene  
loves to travel and has been to  
Alaska, and all the islands. She  
has been fortunate enough to  
have gone to see the Northern  
Lights

### **OUR MISSION**

The mission of the City of Garfield Heights Senior Center is to provide information and a range of services, activities, and volunteer opportunities which promote personal growth, health, friendship and independence for older persons.

### **POLICY STATEMENT**

It is the policy of this Agency that all services funded with Older Americans Act Funds are to be provided without regard to race, color, national origin or handicap.